



NEWS AND INFORMATION from the Grand Traverse Bay YMCA  
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Thursday, September 15, 2011  
FOR IMMEDIATE RELEASE:

#### FAMILY FUN NIGHTS AT YMCA

The YMCA helps families build the five pillars that support a healthy family home: EAT HEALTHY, PLAY EVERY DAY, GET TOGETHER, GO OUTSIDE, AND SLEEP WELL. By using these pillars you can make the first steps in living a healthier life.

A great way for families to come together and build on these pillars is Family Fun Night. Bring the whole family for a game of basketball, racquetball, and tennis. Don't forget to challenge each other in a game of Wii bowling or boxing! Our Family Fun Night is also a great way to escape the kitchen because we provide a pizza dinner. No dishes or clean up for you tonight!

The YMCA Child Care Center, located on 1100 Woodmere Ave, Suite B, Traverse City, holds a Family Fun Night geared toward younger children on the third Friday of each month from 6:00 to 8:00 pm. The next night is scheduled for **September 16**.

Family Fun Night is held on the first Friday of every month at the YMCA Main Facility, 3000 Racquet Club Dr, Traverse City from 6:00 to 9:00 pm. The cost is FREE to YMCA members and only \$15 per family for non-members. The next night is scheduled for **October 7**.

The cost is FREE to YMCA members and only \$15 per family for non-members for both Family Nights.

More information is available at our website at [www.gtbayymca.org](http://www.gtbayymca.org) or contacting Dagny Monette at 421-3568. The Y is for youth development, healthy living, and social responsibility.